



Everyone is invited to participate!

Register now to participate in an 8 week physical activity challenge!

Go to: www.womenshealth.gov/whw/woman

Then join us for the Seattle KICK OFF

Tuesday, May 16, 2006

12:00 pm to 1:00 pm

Room 2866

Jackson Federal Building

915 Second Avenue, Seattle

Games! Prizes! Learn about nutrition and physical activity!

When you register at www.womenshealth.gov/whw/woman :

Receive a free pedometer and a tracking log to record your physical activity (while supplies last). For participants with disabilities, armband pedometers and additional resources are available (while supplies last).

Participate as an individual or form a team of two to ten people

Receive motivational emails, useful health information, and regular progress reports when you record your activity on the interactive website



Brought to you by the Seattle Federal Executive Board and the US Dept of Health & Human Services Office on Women's Health
Questions?? Contact: Renée Bouvion at (206) 615-3667 or rbouvion@osophs.dhhs.gov